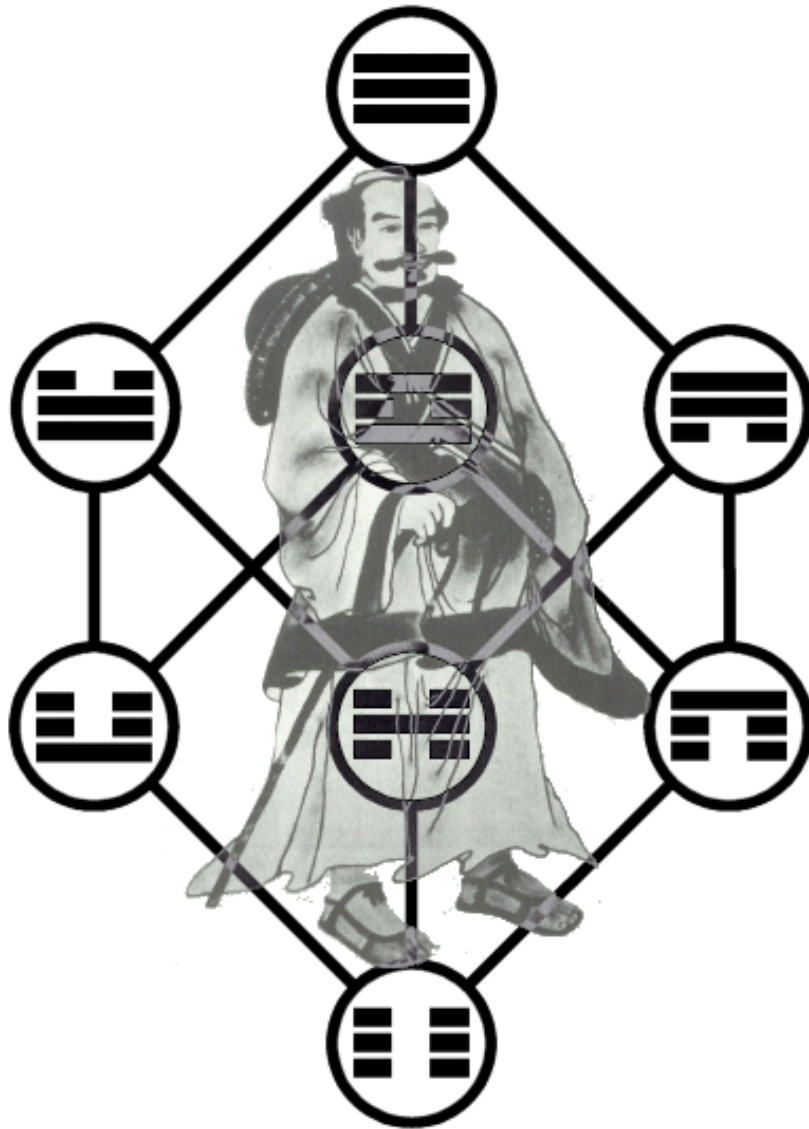


# *Taiji: Quan and Yi*

*A Workshop*

*Exploring the Physical Energies of Taiji Quan  
Through the Symbols of Change  
with Dr Andreas Schöter*



*Physical patterns of Yin and Yang create the movements of Taiji.  
Symbolic patterns of Yin and Yang create the philosophical  
changes of the Yijing. The articulations of the mind and the  
expressions of the fist are brought together through the exercises  
and materials presented in this workshop.*

*Monday 7 and 14 May, 8-10pm*

*Reid Memorial Hall, West Savile Terrace*

*£14 for both evenings*

*Shadow and light, soft and hard, closing and opening, defence and attack: everything is perceived in terms of some difference, some axis of polarization. Taiji, Yin and Yang, is the universal abstraction of this principle. In Quan (fist), Yin and Yang are physically expressed; in Yi (mind), Yin and Yang are expressed psychologically. The symbolic language of the Yijing describes the interaction of patterns of Yin and Yang; it provides a structural context for an understanding of the energies of change, however they might manifest.*

*This workshop takes the eight basic energies described by the trigrams of the Yijing and explores them as physical energies in Taiji. A range of practices are explored, organized through the trigrams, which help develop both martial applications and mental capacities. Exercises include: locking and controlling; rooting; sticking, listening and sensitivity; generating and releasing power to strike; spontaneous physical creativity; and mental/physical meditation.*

*Dr Andreas Schöter has been studying Taijiquan since 1986, in particular he has been training in the traditional Wu-Cheng syllabus since 1992, winning Gold and Silver medals at the European Championships in 2002. He is a Senior Instructor in Sifu Ian Cameron's Five Winds School. He has been studying the Yijing since 1983, exploring the connections between algebra, cognitive science and the symbolic expression of patterns of Yin and Yang. He has had articles published in a number of prestigious journals and was an invited speaker at the The Second International Conference on the Yijing and Contemporary Civilization, in Taiwan in 2005.*

*For more details:*

*0131 447 5026*

*<http://www.yijing.co.uk/taiji>*